

Virtual 5K



Murray Parks and Recreation is offering a Virtual 5K in conjunction with GET TO THE RIVER FESTIVAL. The way it works is you have a week to run the course, send us your time and we will determine the winners. All participants will be given a t-shirt and awards will be given for the top 3 finishers in each age category. The race course will be set at the Jordan River Parkway starting at Winchester park.



Winchester Park
Located at
1250 West Winchester St.
(6400 S.)

Date: September 1 –September 7 (one week to run the course)
September 5 Rec. staff will be at Winchester Park handing out race T-shirts. 8:00 am to Noon.

Start: Winchester Park , 6400 So. 1250 West

Cost: \$10 includes a T-shirt

Register: Murray Parks and Recreation, The Park Center or online at www.mcreg.com

Deadline: Wed., August 26, 2020

Requirements: Send in your time. cplant@murray.utah.gov
(We trust your honesty) Top three finishers in each age group Male and Female Division receives an award.

For more information, call 801 264-2614!

Virtual 5K Registration Form

Name _____

Address _____

City/Zip _____

Phone _____ Cell Phone _____

Email _____

Gender _____ Age _____

5K Divisions: Please Circle your Division

7-9, 10-11, 12-14, 15-18, 19-24, 25-29, 30-34, 35-39, 40-44,
45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84,
Clydesdale (men over 220 lbs), Athena (women over 160lbs)

T-shirt Size: Please Circle

YS YM YL AS AM AL AXL AXXL AXXXL AXXXXL

Send your results to cplant@murray.utah.gov by Sept. 8.

Course: Winchester Park Trail north to Walden Park outdoor volleyball court. Turn around and back along the same path to Winchester park. (See map on left)

Waiver on the back of the flyer!

MURRAY CITY PARKS AND RECREATION

RELEASE OF LIABILITY AND WAIVER OF CLAIMS

READ BEFORE SIGNING

IN CONSIDERATION OF being allowed to participate in any way in _____ (the "Activity") and its related events and activities, I hereby acknowledge, appreciate, and agree that:

The risks of injury and illness (including, but not limited to, physical or psychological injury, communicable diseases (such as MRSA, influenza, COVID-19, etc.), pain, suffering, disfigurement, temporary or permanent disability (including paralysis), economic or emotional loss, and death) of participating in the Activity are significant, and while particular rules, equipment, and personal discipline may reduce these risks, the risks of serious injury and illness do exist; and

I KNOWINGLY AND FREELY ASSUME ALL SUCH RISKS, both known and unknown, EVEN IF ARISING FROM THE NEGLIGENCE of others, including, but not limited to, other participants, volunteers, spectators, coaches, and Activity officials, and I assume full responsibility for my participation; and,

I willingly agree to comply with the Activity's rules and conditions for participation. If, however, I observe any unusual or significant hazard during my presence or participation in the Activity, I will remove myself from the Activity and bring such attention of the nearest official immediately; and,

I for myself, and on behalf of my heirs, assigns, personal representatives and next of kin, HEREBY RELEASE AND HOLD HARMLESS Murray City Corporation, its employees, officers, directors, volunteers, elected officials, and agents (hereinafter collectively referred to as the "City"), WITH RESPECT TO ANY AND ALL INJURY, ILLNESS, DISABILITY, DEATH, or loss or damage to person or property, and from any and all liabilities incident to my participation in the Activity, to the fullest extent permitted by law.

I understand that the City shall have no responsibility to pay for any medical treatment and related costs if I become injured, sick, or otherwise harmed while participating in the Activity and, in the event that I should require medical care or treatment for any injury or illness, I agree to be financially responsible for any costs incurred as a result of such treatment.

I HAVE READ THIS RELEASE OF LIABILITY AND WAIVER OF CLAIMS FORM AND FULLY UNDERSTAND ITS TERMS. I UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND I SIGN IT FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT.

Participant's Name and Age

Participant's Signature (If under 18 years, Parent or Guardian must sign)

Date Signed

PARENT/GUARDIAN WAIVER FOR MINORS (under 18 years old)

This is to certify that I, as parent and/or guardian with legal responsibility for this Participant, have read and explained the provisions in this RELEASE OF LIABILITY AND WAIVER OF CLAIMS form to my child, including the risks involved in participating in the Activity and his/her responsibilities for adhering to the rules and regulations. I for myself, my spouse, my child, and on behalf of my/our heirs, assigns, personal representatives, and next of kin, do hereby RELEASE AND HOLD HARMLESS the City from any and all liabilities (as outlined above) incident to my child's involvement or participation in the Activity, EVEN IF ARISING FROM THE NEGLIGENCE OF OTHERS, to the fullest extent permitted by law.

Name of Parent or Guardian

Parent/Guardian Signature

Date Signed